

Time to Serve Up some Fresh NC Seafood

October is the perfect month to enjoy fresh seafood from our North Carolina coast. This month we are bringing you a delicious stew filled with a variety of seafood for the cooler weather along with a twist on two NC oyster recipes and rounding it out with herb grilled shrimp. These recipes are fresh and simple so enjoy what's in season-fresh from our NC Waters.

NC Frogmore Stew (serves 4)

2 dark Beers

4 Tablespoons Old Bay Seasoning

4 ears of corn (cut in half)

12 small red potatoes (cut in half if large)

1 lb. NC Shrimp

Dozen NC clams

4 crab clusters

1 pound polka kielbasa sausage (sliced/cut into bite size pieces)

Fill a large pot $\frac{3}{4}$ full with water; add beer and Old Bay Seasoning and bring to a boil. Add your potatoes and let boil for 10 minutes. Then add the crab clusters and corn, let them boil for 5 minutes. Add the polka kielbasa and clams and wait 5 more minutes until you finally add your shrimp. Let it all simmer together for 3-5 minutes longer or until the shrimp are pink.

Cocktail Sauce: $\frac{1}{2}$ cup ketchup, 1 Tablespoon fresh horseradish, $\frac{1}{4}$ tsp. fresh lemon juice and 2 dashes - Worcestershire. Stir to combine. If you like it hotter, add more horseradish.

Lisa's Notes: The seafood and sausage you put in your stew can be adapted to your personal preference. We love to add mussels when they are in season. This is a great recipe for a crowd. Just pour it all out onto a table covered with newspaper and dig in making sure to supply plenty of napkins.

Bang Bang Oysters

1 pint of NC Oysters

Vegetable Oil for frying

2 large eggs

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{2}$ cup cornstarch

Salt and Pepper
Shredded lettuce, for serving
Scallions, thinly sliced for garnish

Sauce
½ cup mayonnaise
1 Tablespoon plus 1 teaspoon Asian Chili sauce (such as Sriracha)
¼ teaspoon salt
2 teaspoons honey

Make the sauce combine the mayonnaise, chili sauce, honey, salt and 1 tablespoon of water in a large bowl; set aside.

Heat about 2 inches of vegetable oil in a heavy-bottomed pot or Dutch oven over medium heat until a deep-fry thermometer registers 350 degrees or fill your deep fryer to the fill line according to the directions. Meanwhile, whisk the eggs in a shallow bowl. Whisk the flour, cornstarch and 1 teaspoon each salt and pepper in another shallow bowl.

Working in batches, dredge the oysters in the flour mixture, shaking off any excess, and dip in the beaten eggs, then return to the flour mixture, turning to form a thick crust. Fry the oysters in the hot oil until lightly golden, 1 to 2 minutes, adjusting the heat as needed to maintain the oil temperature. Transfer to a paper-towel-lined plate with a slotted spoon.

Toss the oysters with the prepared sauce. Arrange on a bed of shredded lettuce and garnish with scallions.

Lisa's Notes: I love Bang Bang shrimp and since Brian loves oysters so much, I thought why not combine the two. It works! If you love oysters, this is a great appetizer or entrée.

Neptune's Galley – Streak'in Oysters

1 Dozen NC oysters (split, cut and put back on the shell)
4 Tablespoons melted butter
1 teaspoon granulated garlic
3-4 slices of bacon – cooked crisp
Cocktail sauce, lemon wedges, saltine crackers and horseradish to serve

Cook your bacon until crisp. Combine the butter and garlic. Place your oysters on a baking sheet covered with foil. Drizzle the butter mixture over all the oysters and broil for 3-5 minutes. Cover with a piece of cooked bacon for the last minute under the broiler. Then serve with cocktail sauce, lemon wedges, crackers and horseradish.

Lisa's Notes: Those of you who have been in NC for a while may remember Neptune's on Western Blvd. A great seafood restaurant with giant and delicious onion rings. We get to see

the owner's son, Hunter Dipsy when we shop for groceries and he shared this recipe with us. Said it was always a hit at the restaurant and was created back in the 70's.

Rosemary Shrimp Skewers

16 med. or large NC shrimp (peeled and deveined)

4 sprigs of Rosemary

2 tablespoons olive oil

Salt and Pepper

¼ teaspoon cayenne

Coat the shrimp in the olive oil then season with salt, pepper and cayenne. Strip the leaves off the rosemary and use the wood to skewer the shrimp. Pick thick stems of rosemary and place 4 shrimp on each stem. Grill for 3-5 minutes or until pink, turning during cooking.

Combine for a sweet and spicy dipping Sauce:

½ cup orange marmalade

½ jalapeno, seeded and sliced thin

1 Tablespoon rice wine vinegar

Salt and pepper

Lisa's Notes: This is one of my husband's favorite appetizers. He loves to add cayenne to almost everything he grills and in this case, it doesn't add any heat just a touch of flavor.